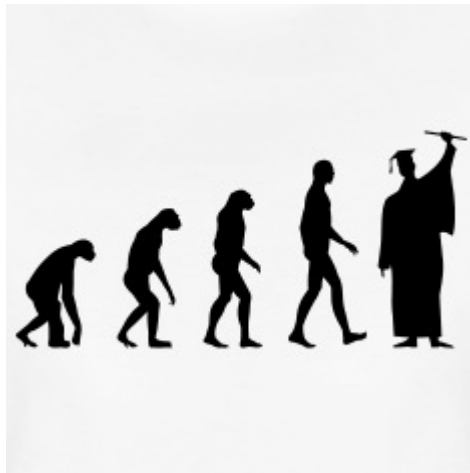


Your Best Trimester Yet!



Introduction

Congratulations, you are in the second trimester of your programme of study. You have now successfully transitioned from school, college or from another degree programme. This is a great achievement taking you closer to the completion of your degree. Before you continue to pursue this degree it might be useful for you to:

- pause and reflect on your previous trimester;
- identify any barriers to your successful completion of this new trimester;
- adopt a strategy to remove or lessen the impact of these barriers.

Activity One - Reflecting on why you are here (10 minutes)

Let's get started by getting you to think about a few important questions. Using the post it notes provided, complete the following statements.

My main reason for staying is.....

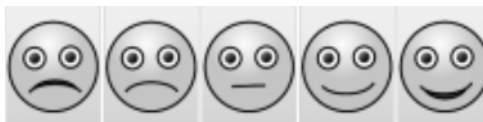
The thing that is worrying me most about staying is.....

Now stick your completed post it notes onto the posters at the front of the room and we will discuss these later.

Q.1 What does my new trimester like?

Q.2 What are the remaining Exam Diet periods this year?

Q.3 What is your current level of Satisfaction/Happiness?



Activity Two - Feeding Learning Forward (10 minutes)

Move the chairs in the room so you form groups of 5 or 6 students and discuss the question, what did I learn from my last trimester that will help me in my new trimester? Complete the poster and decide who will present the groups discussion.

Managing Your Time - Reminder

In all aspects of your life it is important to effectively manage your time. There are ninety six 15 minute blocks in every day. Ask yourself the question, if you could find four 15 minute blocks, which adds to 60 more minutes per day to study, where could that time come from? If you can find 60 more minutes a day then you will have 7 more hours to devote to studying every week. That's one more working day turning your 7 day into an 8 day week!



Activity Three - Creating a Time Tracker (15 minutes)

Create a method to record your 15 minute time blocks. You can print out a template from www.saveanhour.co.uk Capture everything you do for 7 days in 15 minute blocks. Review your Time Tracker to find four 15 minutes blocks per day so that you can gather together enough hours to create your 8 day week!



Your Personal Reflection

The following questions are designed to encourage you to critically reflect and should be considered after the workshop when you have some time to yourself.

Q.4 What success did you have in your last trimester at Uni?

	Success
1	
2	
3	

Q.5 What disappointments did you have in your last trimester at Uni?

	Disappointments
1	
2	
3	

Q.6 How do you hold yourself back?

	Self-Limiting behaviours
1	
2	
3	

Q.7 What could holding yourself back cost you in your new trimester at Uni?

	Cost of Self-Limiting behaviours
1	
2	
3	

